



The Cloak

St. Martin's - A Christian Church for all people Sharing God's Love, Following Christ, Serving Others



Jesus said, "Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven."

Matthew 19:14

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Father Lee Hutchison



What a joy it was to “officially” return to in person worship on the 11th of July!

The worship food and entertainment were great as was the opportunity to catch up with so many people who had been separated for a year and half.

Many people dedicated themselves to keep our church together during this pandemic. Mike and Kim Shook took charge of making hundreds of lunches over several months for the homeless shelters we serve. Kerry Alloway and Nancye Greenwood put together Sunday school material and craft kits to make cards for our homebound members. James and Christa Burr, Rich and Ginny Fowler, Jackie Bitler hosted Thursday evening Zoom calls for people to check in with one another. Janice Carpi, Joe Lamb, and Susie Teachey have led compline services since the start of the pandemic That we might close each day together in prayer. There are many others from vestry to altar guild who worked to keep the home fires burning until we could gather again. Most incredibly I believe every member eligible to receive a vaccine had been vaccinated. Together our love of God and our commitment to each other makes our church a very special place. It’s such a joy to be your rector even in the midst of a pandemic.

May God continue to bless our work together.

Fr. Lee



What and When ...

August

<p>Funeral of Sara Thomas Saturday August 7 at 11 am</p>
<p>Vestry meeting Tuesday August 10 at 7 pm</p>
<p>Men's Breakfast Saturday August 14 at 9 am @ Nick's Bistro all men welcome to join us</p>
<p>VBS Vacation Bible School Monday to Friday August 16-20 at 6 pm see page 4 + 5</p>
<p>WE (West End) Quilters Tuesday August 17 at 10:30am all people interested in quilting welcome</p>
<p>ECW in-person meeting Tuesday August 17 - cancelled</p>
<p>Cloak Deadline 20th of each month you can mail something anytime though!</p>
<p>St. Martin's Project Saturday August 21 at 9:30 am - White Team</p>

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8* & 10 am
Boy Scouts	Monday	7 pm
Holy Eucharist	Wednesday*	10 am
Sr. Choir Practice	Thursday	7:30 pm
Social Bridge	Friday	10 am - 1 pm
Compline Service live on Facebook	daily*	8 pm

* all these are streamed live on FaceBook

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7 pm
Men's Breakfast	2 nd Saturday	9 am
ECW	3 rd Tuesday	5:30 pm
St. Martin's Project	3 rd Saturday	9:30 am



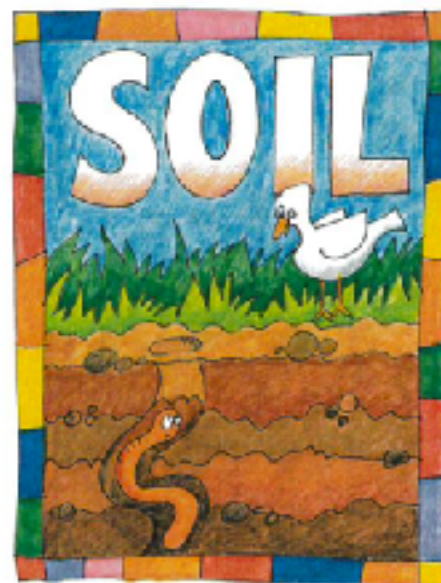
VBS starting soon!
Don't miss the VBS info on the
next pages.

Our new Administrative Assistant Kathy Theado started on Tuesday July 6.
We welcome her into the St. Martin's Family.

Office hours:
Monday - Friday 9 am - 1 pm

The Abundant Life Garden Project®

offered by Episcopal Relief & Development

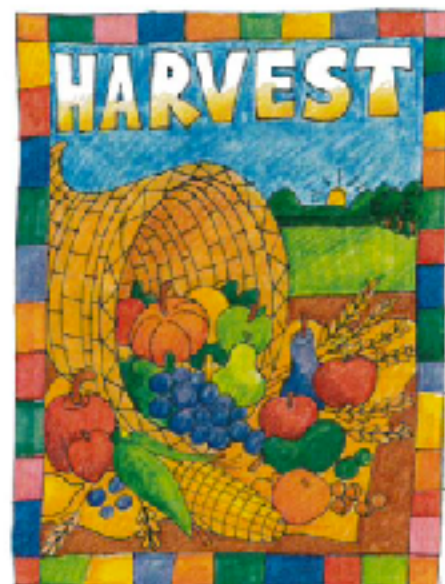
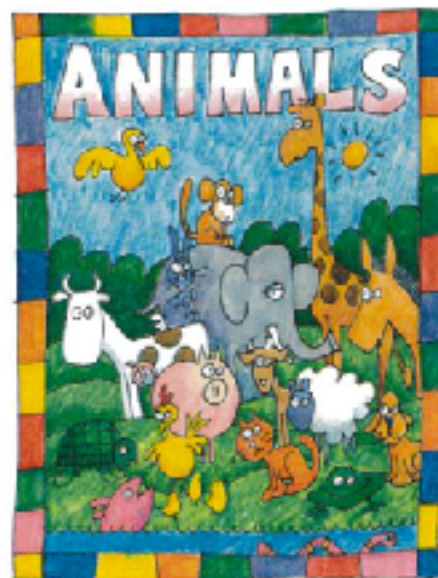
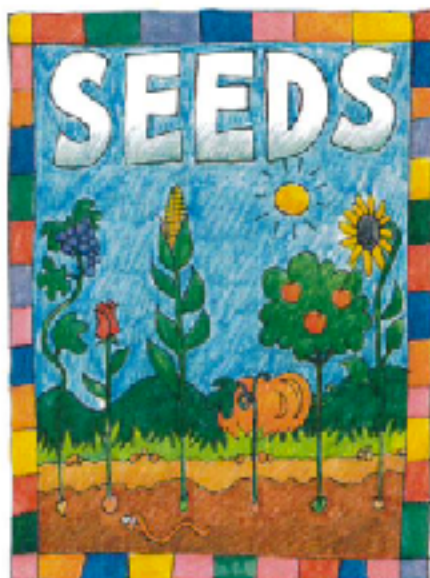


Vacation Bible School

August 16 – 20, 2021 from 6 – 7:30 pm

Registration forms are in the Parish Hall and online via the Weeklies.

Registration form also on next Cloak page for you to print





The Abundant Life Garden Project Vacation Bible School 2021 Registration Form

Children's Information:

1st Child: _____
Name Age

3rd Child: _____
Name Age

2nd Child: _____
Name Age

4th Child: _____
Name Age

Parent/Guardian Name(s): _____

Address: _____
Street City State Zip

Phone #s: _____
Primary Secondary

Email(s): _____

Emergency Contact Information:

Name: _____ Phone: _____

Medical Information:

List any food allergies: _____

List any medical concerns: _____

Church Affiliation: _____

Who is authorized to pick up children: _____



Parish Nurse by Betty Horne

Heat Exhaustion

The month of July produced record temperatures out West, including 4 heat waves with triple digit temperatures. In the East we also had our share of temperatures in the 90s with heat index in excess of 100 degrees. We can expect more of the same in August. Fires have exploded in the West due to the heat and drought. In addition residual smoke from these fires have made their way across the country causing hazy skies. The sun at sunrise and sunset is seen with an unusual glow due to the effect of this haziness. This could also affect the quality of the air that we breathe.

These excessive temperatures can cause heat exhaustion. The exposure to high temperatures, especially when combined with high humidity and strenuous physical activity can place people at risk for heat exhaustion. This causes the body to overheat, leading to heatstroke, which is a life threatening condition.



Signs and symptoms of heat exhaustion can occur suddenly, or over time with prolonged exercise. Signs and symptoms can include:

- ◆ Cool, moist skin with goose bumps when in the heat
- ◆ Heavy sweating
- ◆ Dizziness, faintness
- ◆ Fatigue
- ◆ Weak, rapid pulse

- ◆ Low blood pressure
- ◆ Muscle cramps
- ◆ Nausea
- ◆ Headache



If you think you are experiencing heat exhaustion:

- ◆ Stop all activity and rest
- ◆ Move to a cooler place
- ◆ Drink cool water or sports drink

Seek Medical Help if symptoms do not improve or worsen within an hour such as:

- ◆ Becoming confused
- ◆ Agitation
- ◆ Loss of consciousness
- ◆ Inability to drink



Causes

In hot weather, your body cools itself by sweating. As sweat evaporates from your skin, your body temperature lowers. However, when you exercise strenuously or overexert yourself in hot, humid weather, your body is less able to cool itself efficiently.

Your body may develop **heat cramps** which is the mildest form of heat related illness. Symptoms such as sweating, fatigue, thirst and muscle cramps may occur. Untreated heat cramps can lead to heat exhaustion. Drinking fluids or sports drinks, moving to cooler areas (air condition) and resting can help to prevent exacerbation of symptoms.

Parish Nurse continued ...
on next page

Dehydration – reduces your body's ability to sweat and maintain normal temperature.

Alcohol – can affect the ability to maintain body temperature

Overdressing – wearing clothing that do not allow sweat to evaporate easily

Risk Factors

Age – particularly infants and children younger than 4 years old and adults over 65 are at higher risk. Temperature regulation may not be fully developed in the young while illness, certain medications and other issues may affect the elderly.

Medications such as diuretics (fluid pills), some blood pressure meds, allergy meds, some mood altering meds and illegal meds can affect the body's ability to maintain or regulate your temperature.

Obesity – can affect temperature regulation

Sudden temperature changes – If you are not used to the heat, sudden spikes in temperature or prolonged heat can lead to heat exhaustion

High heat index – High temperatures and humidity does not allow for your body to cool itself.

Prevention

To prevent further complication leading to heatstroke, the following preventive measures should be taken:

- ◆ Wear loose or lightweight clothing. This allows your body to cool.
- ◆ Protect against sunburn. Wear wide brimmed hat, sun glasses and use sunscreen with at least 30% SPF applying at least every 2 hours. More often if swimming or sweating.
- ◆ Keep hydrated to help you sweat and maintain your body temperature
- ◆ Precaution with medications – know the side effects of your meds, especially diuretics. Some medications make you more sensitive to the suns rays.
- ◆ Avoid leaving anyone in a parked car in the heat (even with the windows cracked and in a shaded area). It is estimated temperature in the car can rise 20 degrees in 10 minutes. Keep your car locked to avoid children climbing in while unattended.
- ◆ Plan your exercise activity for a cooler time of day. Most people choose early morning or late afternoon
- ◆ If you are at increase risk avoid the heat and act promptly if you start experiencing symptoms of overheating.

A note about COVID, The highly infectious DELTA variant is here and the infection rate is increasing, particularly in the unvaccinated and in people 40 years or younger. If you or your family have not yet received the COVID vaccine and are eligible please do so to prevent illness, hospitalization and death. The virus is still very much with us and although a small number of vaccinated people have tested positive the have not been ill. PLEASE STAY HEALTHY



Finance Committee Report by Garland Harwood

Financial Highlights 2021	end of previous month	MTD June	YTD end of June
Income	\$93,114.00	\$21,470.33	\$114,584.33
Expenses	\$100,350.25	\$16,746.50	\$117,096.75
Gain or Loss	-\$7,236.25	\$4,723.83	-\$2,512.42

In Thanksgiving!

- by Sr. Warden Rick Gibbs

Dear Father Lee,

Wow, what a year, but as a wise man once shared with me, try, and look for the Blessings. I must say that Father Lee YOU have been a blessing to the St. Martin's parish family this past year. I would like to thank you on behalf of our parish family for all your hard work keeping our parish family together this past year. Thank you for making sure we had services to nurture our spiritual walk even while the church was "closed". Thanks for holding services outside (in the breezeway and in the church parking lot) as well as making sure we had online services available every Sunday and Wednesday and Compline services EVERY night over the past year, what a Blessing.

I know you had to deal with some personal challenges over this time with the passing of your Mom and Dad, the Church being closed by the Bishop for 15 months, and a number of personal health issues. We have had you and your family in our thoughts and prayers. Be Well!

I would be remiss if I neglected to Thank You for fostering an environment that encouraged our parish family to continue pledging even while the church was closed. The finance committee said we were in very good financial shape because of sound parish giving, receiving a PPP loan/grant and positive results in our investment portfolio. I would also like to Thank You and others who delivered poinsettias, offered drive thru pancake supper, drive through palms on Palm Sunday and a Wonderful outdoor Easter Celebration. We are excited to to be back at church and loved our recent Celebration allowing our entire church family to Celebrate one another! THANK YOU, FATHER LEE, May God Bless You Always

(note: The Celebration Committee thought it would be nice to give Father Lee a "gift" to thank him for all his efforts this year. The plaque has Lee's Parents names engraved on it so he can place it wherever he likes in remembrance of his parents. Because the church was closed last year the congregation never had any kind of memorial service to honor Fr. Lee's parents so the thought was that this would do that and let him know he and his family have been in our parish family's prayers.)



Bridge Players:

Social bridge is being played every Friday in the Parish Hall from 10 am to 1 pm.

If you like to play or learn to play feel free to join the group.



Giving Thanks Celebration ~ Saturday

July 10



←
official
celebration
opening in the
Memorial
Garden

→
brownie and ice
cream bar for
fellowship in
the Parish Hall



Give Thanks Sat continued ... from previous page



GIVE Thanks with a GRATEFUL Heart
259-438787 CoCography.com

and ...
a BON FIRE outside to burn 2020 symbolically and say good-by to that difficult year

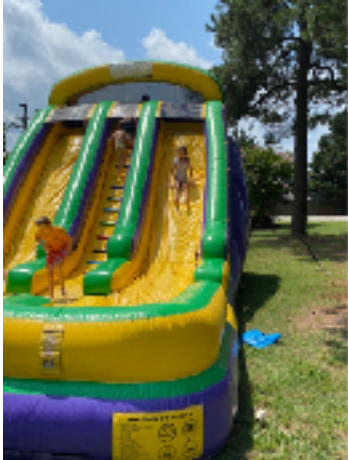


Giving Thanks Celebration ~ Sunday

July 11



Give Thanks Sun continued... from previous page



Thank you corner

- by Nancy Greenwood

This week a small group of our church family gathered at Manor Care to honor 3 of our members who have given much to our church over the years.



Joanne Steibick who sang in the choir and “hostessed” for many years and Lois Gibbs who was responsible for sending all of those birthday, anniversary and get well cards, were both presented with a summer bouquet of flowers!



The Altar Guild at St Martin's honored Betty Hall by establishing “The Betty Hall Rose Ministry”. As many of our church family may remember, Betty served on the Altar Guild for many years and she and AP personally placed a rose on the altar, each time a baby was born into our church family. The Altar Guild has decided to continue that tradition and has initiated the Ministry in Betty's honor. We now have a special vase to use on our altar when there is a new bundle of joy!!

Refreshments were served and we ended the celebration with

Betty leading us all in an inspired singing of God Bless America!

Thanks to Altar Guild for honoring these ladies and all their work for St. Martin's.





*
08/02 Bill Chowning
08/03 Maya Atkins
08/05 Jay Sykes
08/06 Jacob Henderson
08/07 Kyle Stephenson
08/10 Jeremy Atkins
08/11 Evelyn Watt
08/11 Maggie Witt
08/11 Adrienne Stephens
08/11 Glenn Sprouse
08/12 Ruth Barrett
08/13 Adam Marcus
08/14 Mike Shook
08/14 Cylas Machalinski
08/14 Kyle Stephenson
08/15 Barbara Lockridge
08/15 Taylor Murphy
08/16 Martha Hall
08/16 Andrew Wood
08/18 Andrew Bright
08/18 Jaiden Logan
08/20 Jean Rollins
08/23 Layne Hood
08/24 George Stone
08/26 Virginia Tucker
08/27 Jonathan Horne
08/27 Tatiana Horne
08/29 Sandy Goolsby
08/29 Sloan Verlander
08/30 Sid Akens
08/30 William Thirion
08/31 Todd Areson
*

*
09/01 Christine Areson
09/01 Bob Barritt
09/02 Cameron Britton
09/03 Julia Stephenson
09/04 Nancy Fleming
09/04 Richard Thomas
09/08 Ann Robbins
09/08 Jody Harlow
09/09 Daniel Clements
09/12 Sarah Sleeman
09/13 Amy Bailey
09/15 Lauren Bailey
09/15 Mike Murphy
09/15 Rick Fowler
09/15 Logan Thirion
09/17 Vicky Echevarria
09/19 Sandra McAllister
09/20 Jean Machalinski
09/24 Mary Moss
09/25 Rick Gibbs
09/25 Erin Sprouse
09/28 Sandy Levy-Achtemeier
09/28 Andrew Hutchson
09/28 Nancy Davis
09/29 Wayne Britton
09/29 Mary Arnold
*

*
08/01 Barbara & Russell Campeau
08/07/1993 Errol & Adrienne Stephens
08/07 Ian & Natalie Watt
08/11/2007 Jay & Carrilynn Sykes
08/16/1958 A. P. & Betty Hall
08/16 Rob & Barbara Lockridge
08/19/2012 Harrison & Sharon Alloway
08/28/1987 Bob & Max Barritt
*
*
09/01/1990 Lee & Michele Hutchson
09/02/1995 Mike & Martha Murphy
09/02/1961 Sid & Pat Akens
09/02/2006 Kevin & Ashley Howdyshell
09/09 Keith & Ashley Borders
09/25/1999 John & Sally Dvorak
*

If you know of somebody not on these lists (including yourself) please let the office know.

St. Martin's Yellow Pages

This area is where you can post your service or product to let your fellow St. Martinites know how you can help them, and you can give those who post here your support.



OCEANFRONT BEACH HOUSE FOR RENT

Perfect for a couple or family of 4.

Located directly on the beach in Hatteras Village, NC.
Contact Bob or Max Barritt (h) 270-3862 or (c) 512-4586

Amazon Smiles:

1. Go to <https://smile.amazon.com/> or click the box above.
2. Create an amazon account or log in.
3. Go to "Or pick your own charitable organization" and type "**St. Martin's Episcopal Church**" then click Search.
4. Locate "**St. Martin's Episcopal Church**" in Henrico VA.
5. Then start shopping!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases **to St. Martin's!**
We are grateful for your participation!

If you are not yet taking advantage of the **Amazon Smiles** offer for another charity, please consider to do it now to benefit St. Martin's. It's easy see above!
Every little bit helps!

Travel Agent Available

Our friend Rev. Dr. Sandra Levy-Mix has given me the following information if you are in the mood to travel as hopefully this awful pandemic is on the wane.

Michele Esterling is her daughter-in-law and has been part of the travel industry for many years.



The following is from the company flyer:

Michele Esterling, Personal Journey Consultant, provides outstanding personal service for all your travel needs: Air, hotel, cruises, customized land tours and vacation homes. Exclusive rates. Contact her at Next Trip Journeys. (888)444-5555 ext 605. Or Michele.esterling@nexttrip.com. www.nexttripcruise.com.

YOU ARE MAKING A DIFFERENCE!

The weekly announcements will tell us what is needed especially this month. Please place your donations in the basket in the hallway.



ST. MARTIN'S STAFF

Rector: The Rev. Lee A. Hutchson
Priest Associate: Rev. Dr. Sandra Levy-Mix
Organist & Choirmaster: David R. Hopkins
Administrative Assistant: Kathy Theado
Sunday School Coordinator:
Head of Nursery:

CHURCH OFFICE

(804) 270-6786 (Phone) (804) 270-3286 (Fax)
E-mail: saintmartinsec@gmail.com
Website: <https://saintmartinchurch.org>

Office Hours

Monday to Friday 9am-1pm

Trustee Emeritus: Robert I. Kirby
Trustees: Kerry Alloway, A. P. Hall, Jr.
& Garland Harwood

VESTRY

2021	2022	2023
Steve Alloway	David Mix	George Crowell
N'neka Logan	Dianne O'Kelley Lamb	Rick Gibbs
Craig Watt	Susan Teachey	Jean Rollins

Senior Warden: Rick Gibbs

Junior Warden: David Mix

Register:

Treasurer: Darrell Jenkins

Assistant Treasurer: Mike Fiasco

Cloak Editor: Christa Burr



St. Martin's Episcopal Church

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